



First generation, 25 to 30 something at an outing at the beach,

The Village eView

October 19, 2016

Colette Hoff, Editor

Coming Up:

Pathwork – Sunday, October 23

Council – Monday, October 24

Men's Weekend – November 18-20

Women's Culture – Saturday, Nov 19

Legacy: Culture– Young People

The Young and Restless

The following is an early announcement of the first generation of young people.

As a cultural program of the Goodenough Community, the Young and Restless (Y&R, later Turtles) formed in 1995 out of the need to support its members through the transition of late-twenties through the thirties. This age period is marked by experimenting with lifestyle, career and relationship choices. With many life-shaping decisions made at this time, the sharing of stories, lessons learned and encouragement helps members feel empowered to take on the challenges of their lives. The format for each evening generally follows the pattern of each member speaks to the current and on-going themes and seeks feedback on their process and progress. As the friendships have developed and deepened within the group the support continues into practical help in other areas of life such as celebrations, moving parties, and outdoor adventures.

The group meets every two weeks on Tuesday evenings. The fee structure is \$20 per session.

On-Line News of the Goodenough Community System:

The American Association for the Furtherance of Community

Convocation: A Church and Ministry

Mandala Resources, Inc.

Sahale Learning Center

The EcoVillage at Sahale

New Beginnings and Old Traditions

Bruce Perler

In the late 90s a group of fifteen or so 25 to 35 year olds came together at the invitation of mutual friend Leslie and, with the help of John and Colette, eventually became The Young and Restless. It was a pivotal experience for me, the first of many in the realm of socialization with peers and group therapeutic process. We studied ourselves and got to know each other deeply digging into; family of origin learning and individuation from, finding our personal passions and paths, exploring relationship, gender and sexuality, and much more. I met with this group weekly for over 10 years and am, to this day, bound in friendship to these peers.



This last weekend, some 20 years later, a new group of young adults gathered for similar purposes, inspired by our Human Relations Lab's impact and the genuine needs and desires of this age. Josh, Evelyn and Elias joined to provide leadership, with the help of the Lab Design Team (Colette, Kirsten and myself) for a gathering of young adults eager to dig into their own learning goals. It was an inspiring experience for me and I think deeply touching for all present.

This tradition of young adults gathering to share, learn, explore, and support one another is an excellent example of the legacy of the Goodenough Community being passed forward to a future generation. As we circled around the alter table at the end of our time on Sunday, looking into each others' beaming and relaxed faces, I knew something important had begun again.

You are invited to a weekend of self exploration!!

(Excerpted from eView October 12, 2016)

Evelyn Cilley

We (the "young folk" of Sahale Learning Center) want to invite you to a weekend of Self exploration through conversation, creativity, ceremony and service in the community context! Our intention is to foster an environment where Heart-felt Connection, Authentic Selfhood and Real Talk are the norm. There will be opportunities to meaningfully interact with other super awesome people our



age as well as Community elders. We'll also have time to play music, make art, have conversation, share in circle, dance, celebrate, and give back to Sahale in service work. This

is a weekend for YOU! We are open to your ideas for activities, desires for specific conversation, and skills you'd like to learn or share.

In the words of those participating . . .

Wow! What a weekend!

I'll admit I was skeptical at first with how deep the group could get in just two days. I had an instinctual desire at first for borders and specific questions to get the emotional juices pouring as following specific instruction has been a big part of my life when it comes to group meetings. At first the openness made me uncomfortable. The possibilities of the weekend were endless. Either we could sit in a circle as a group of strangers or get red in the face pouring our hearts out to one another. I am moved to say that the latter turned out to be the truth! So much was shared in so little time.

I highly believe that this wouldn't be the case without the gentle guidance and safe space provided by the community. I feel so fortunate to have been in the right place at the right time. It's not often that we have the opportunity to express our true feelings and sincerely be heard and I feel that being a part of this weekend has really helped me express things that I've been holding on to for a long time. It feels wonderful to learn about people and to be understood. There is a heaviness of feelings that has been lifted off of my shoulders. Thank you so much to the Goodenough Community and the ongoing dedication to fostering such a healthy and loving environment!

-Haley (who came to Sahale with her partner Adam for a month-long Work Away experience.)

And from Lucy (who came to us from Doe Bay with partner Chris)

This weekend event at Sahale opened many doors of introspection and outer relations. It emphasized the value of listening and the importance it has in life.



The weekend helped me to realize the importance of connecting and reflecting on where we come from and the influence it has on who we are today.

Through collective work, we were able to come full circle in the nourishment for inner and outer development.

Felling heard is empowering. Working through inner turmoil is releasing. Connecting with others is essential to remind us we are not alone.

So much gratitude to the young people living at Sahale and the Goodenough Community and its elders for providing a unique space and creating an event that allowed for it all to happen.

Dear Goodenough Community members,

Jes (also from Doe Bay) with Chris, Lucy, Adam, Haley, Josh and Evelyn
The youngers weekend really brought me back to my “youth” though I had no idea that’s really where I was going with this weekend. Confronted with more suppressed reality than I could handle. Drum circles coinciding with full moons. The clouds shared their sorrow with so many puddles, so many puddles of rain . . .



What was different about this gathering of people? I’ve never been in such a big circle of open honest and trusting folks who are willing to go into such depths of sharing our hearts and traumas rather than in a typical one on one conversation.

Energy was contagious. Spreading truth like butter within each circle.

Chris says:

Walls were broken down, fear vanished! The elders were like captains navigation the ship of my soul back to the home port. My ego surrendered. Reborn. Feelings of love multiplied especially during our talks of sexuality and the work of clearing out the log cabin. We ate tzatziki we drummed out our hearts rhythms, our collective soul.

The physical labor and massage train came full circle when it came to nourishing our souls after telling our stories in small groups. We shredded layers of our ego when speaking openly and vulnerably, seeking higher guidance through verbalization.

THANK YOU! Our hearts are full of gratitude for the opportunity to utilize learn and work on the land of Sahale. Thank you to the elders and all our relations!

(Editor’s note: As I walked into Potlatch to pick up this article, seven young people were abundant with creativity: coloring, painting, making humus, preparing for a meal, cooking and canning tomatillos, writing an article, listening to music, relating and having fun. Very age appropriate!)

Sahale has benefited so much by having so many “youngers” at once. Wood production is going very well, lots of gardening, the clearing of the log building, lots of cooking and so much more.) And, the last garbage can (23 total) of apples was also processed today! Thanks you each for being at Sahale.

From Colette:

Kirsten, Bruce, and I joined the leadership team of Elias, Josh and Evelyn who were very intentional in dreaming and planning the weekend. The elders, as we were called, offered leadership to three small groups and each group had a good experience. We all joined an evening sharing and were pleased to hear that, the Youngers as they are calling themselves, spent the rest of the evening drumming, playing, and relating. After an intimate circle on Sunday the group adjourned to the Weavery music area.

I couldn't help but think of Pam, Leslie, Katie, Paul, Tom, Bruce, Irene, Eric, Lisa and so many others who sat in the first Y & R circle. Faces may be different but the issues and problems of the age zone continue to be the same. Thank you each for your contribution to this next generation of young people. What a privilege to see a new group of people wanting to grow!



The following is an excerpt from the 2013 Human Relations Laboratory workbook.

Period of Transition

(28 to 36 years)

Characteristics of the individual life. This is a period of *maximum disquiet*, of deep inner turmoil, of self doubt and of disillusionment with intimates. Individuals generally face the irrational within the unpredictable in others--and feel these as psychological reality for the first time in life. Their ability to be controlled and self-disciplined seems to disappear. There is a great deal of anxiety. They *over-identify with their children*, particularly with adolescents and find themselves re-working their own childhood, their relationship with their parents while clinging emotionally to their own children. **This period is a period marked by *identity crises*.** These crises can focus on sexuality, relationship, work, parenthood.

Issues. Almost any *issue that has not been resolved adequately* rears its ugly head and demands reconsideration and resolution during this period. Most people describing this period speak of it as an age of *continuous sequential double-binds*. They are caught between parents and children, between work and family, between child and child, between love for home and the need to be liberated from it. While it is a period

currently most painful for women in this culture, it is often a pain that is projected onto marriage and family.

There is often a *dissatisfaction with work*, a desire to make *more money*, a desire to change one's occupation, a feeling that one is over-working, a concern about *health*, a feeling that work is not an adequate means of self-expression.

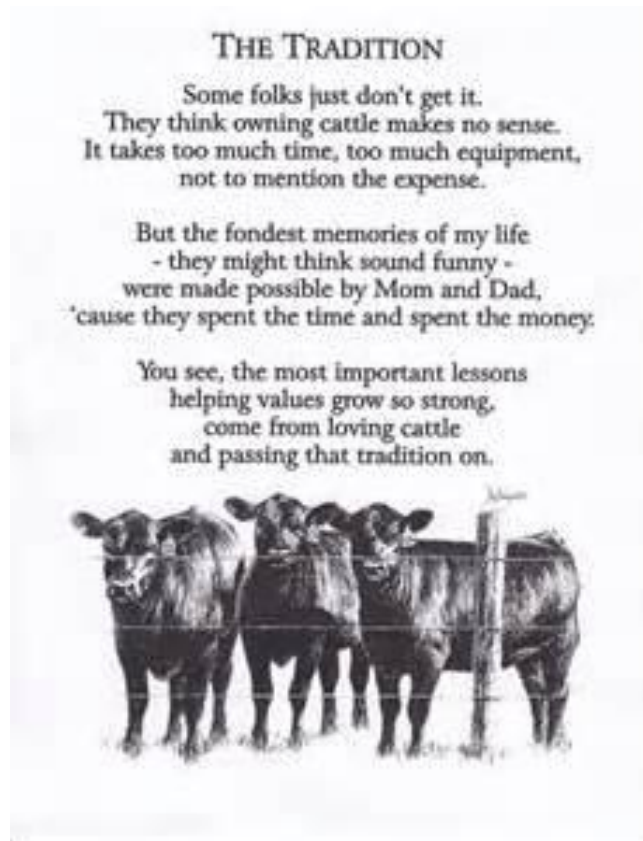
Interpersonal Skills that are Important. The primary skills required during this period are those of arbitration, negotiation and re-negotiation. For instance, the intimate pair that makes it through this period will have done so only because they have *re-negotiated* a new marriage contract in all of its many parts. The skills of re-contracting are central for this period. Integrity within and commitments to others pull a person through these years.

The seventh developmental task as a human being involves a continuation and deepening of the ability to *love and to love enduringly* enough to convey the desire and ability to be *authentically caring*. The point here is that this seventh developmental task is more truly a deepening of the sixth task. However, **what is emerging in these years is the growing ability to love in such a way that it develops the other person.** This love is not focused on having good feeling states but is focused instead on *what is needed and good for the other person*. The love that emerges is *transformative* and increasingly unconditioned by moods and emotions. Such love issues forth from **commitment**. The passion of these years is to be *creative in all areas of life* and to **refashion** a life for a new self that is emerging.

		Social	Developmental	Negative	Traits being
Age	Stage	Experience	Tasks	Alternative	Developed
Age 28 to 36.	Middle Adulthood.	Torn between creative work and demands of intimate relationship	Generativity. Serving, caring, creative, involved	Stagnation . Depression, self-absorption, self-indulgent, uncreative.	Creativity. The need to be creative & the need to be <i>recognized</i> as creative is important during this period.

Competing commitments are the polarities of this developmental zone.

You will find an article by Carl Rogers on development. Page 16



Practical help from young people

Colette Hoff

Sahale was the beneficiary of this recent weekend. A couple of people at Sahale decided in early Spring to de-junk the Log Building. We knew Haley and Adam were coming as Work Away help and along with Jess, Lucy and Chris who came for the weekend, Josh, Evelyn, Mike, Douglas, and myself worked on Thursday. Piles were created, appliances moved, and



garbage was gathered. Then during the younger weekend, 8 people working together cleared the lower area of the building to access saws and create more storage.

Habitat for Humanity came on Tuesday and we have begun reclaiming a valuable resource.

Evelyn and Haley

Later Tuesday, several young people gathered to harvest our hop crop on a table with space around them. This project has provided a transformation for Sahale. Thank you each for making this possible.

Come look at the result!



Josh and Colette Collaborating



*Save **these** Dates !*
Joining Together for Peace
True Holidays - Dec 3:

We invite you to The Goodenough Community's **True Holidays celebration** this year on **Saturday, December 3**, from 6 to 11 PM, at the Mercer Island Congregational Church. Please save the date – and watch the eView and your email for more information to come.



The True Holidays party is a fun and family-friendly community event that has become an annual tradition for many, including those beyond the Goodenough Community.

During the evening, we will have the chance to reflect on the kind of holiday season we'd like to have as well as being able to spend time with friends, co-workers, and families (all in one place!) There are planned activities for children, plus food, libations, and a fun silent auction.

**This year again we are happy to be led in contra dancing
 by Sherri Nevins and her musician friends!**

Can you hear sleigh bells?

Winter Solstice Bus Trip - Saturday, Dec 17: With your friends and family, enjoy this day-long journey that embraces the longest night of the year.



We will board a chartered bus and travel over Snoqualmie and Blewett Passes to the beautiful Bavarian Christmas village of Leavenworth. Then we'll head to Eagle Creek Ranch, just outside of Leavenworth, where a horse-drawn sleigh ride awaits us, followed by a buffet dinner. [Please register with Elizabeth now](#)
Additional information coming soon.

Announcing . . .

A Weekend for Men and Women . . .

February 24 to 26, 2017

**Men and Women Together: A New
Relationship**

Pathwork, Sunday, October 23; November 13, 27, December 11 and 18.

On Sunday evenings for many years, John and Colette Hoff have invited individuals interested in personal growth and sharing their spiritual journeys to join in a process of "Pathwork." These evenings provide good opportunities for individual exploration in relationship to others. It is a process in which we coach and share insights with each other. This fall our focus will be on what is happening in our lives in relation to the themes of sanity, maturity, proactivity and creativity. **All are welcome** even if you are just a little curious.

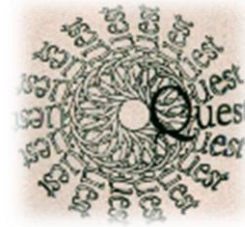
Pathwork is sponsored by Convocation: A Church and Ministry, which promotes an interfaith exploration of the journey of life. Individuals share practices that have worked for them and we often spend some time in meditation together.

Colette Hoff provides guiding leadership to the evenings and is joined by John in helping each person deepen their understandings. Email Colette at hoff@goodenough.org if you're coming. Pathwork meets at **7:00 p.m.** at the Community Center at 3610 SW Barton Street, typically every other Sunday evening.

Quest: A Counseling and Healing Center

Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and be more effective in relationships.

Call John or Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957. In Seattle, John and Colette meet with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.



Men's Weekend

I'm looking forward to a **fall men's gathering on the weekend of November 18 to 20**. We'll be having a mix experiences together including; hang out time, conversation about our real lives, some outdoor work and free time to enjoy Sahale's fall gifts.

There will be a hot meal to welcome you on Friday evening, followed by a time together to catch up and re-connect. We'll enjoy Saturday and Sunday in a mix of experiences and will close our weekend on Sunday afternoon by 3 PM.

RSVP Please let me know if you are able to attend for our meal and space planning by **November 1st**.

Warmly,

Bruce Perler bruce_perler@hotmail.com 206-419-8361



The deAnguera Blog: The Legacy of Evolution



I finally got a photo of our new baby chicks – our second generation. Imagine the chickens already into their second generation after only six months! Wow! That's fast! It

looks nice and sunny because they are under an intense heat lamp inside their coop. Mama is carefully watching over them. Notice the chicks are already growing feathers and attempting to fly. All these chickens have evolved into Sahale chickens. I suspect they will differ from other chickens due to the conditions here including Irene Perler's loving care. Their personalities will be more fully flushed out. These lucky birds will never experience living on a commercial farm.

The weather appears sunny in all three photos because of the way my camera handles light/dark contrasts. Actually the weather was very windy and rainy all weekend. A typhoon crossed the Pacific bringing tons of rain. The blowy conditions brought a large tree down on Tahuya River Road. Luckily I was not driving on it at that moment!

Our young people headed up by Josh DeMers, Elias Serras, and Evelyn Cilley held a event for people in their age group. Quite a few attended. They had a good time.

Towards the end, a group went down to the Weavery. I followed them with my camera and found them upstairs playing some band instruments. Others listened.

I talked with Renae, a friend of Tanya's and was really impressed at how all the young people fit in together. They were ready for this work. That really amazed me. We older folks had to struggle for years to get to where they are today. Maybe the whole culture is changing.

Twin Oaks, another intentional community had to struggle for many years to get their life ways working. Now it seems the newer members joining the community are ready for community life.

A lot of young people appear to be footloose today. They are not jumping straight into 'careers'. Instead they are travelling around the country, even the world. Two of our Work Aways had previously volunteered as English teachers in Vietnam. They had also spent time in Europe. I believe they have the potential to change our world in some big ways. I wish I had done what they are doing now.

In my case I had worked hard to be like my dad and brother. Instead I got Sahale because I was willing to break with my previous pattern.

Part of evolution is about asking different questions. If I ask the same questions I will always get the same answers. If I am thinking about what questions to ask or even asking questions in the first place that means I am awakening. I am making different choices.



Like the other folks here at Sahale I am also doing my thing – picking up the recycle from the Swamp and taking a selfie.

Thinking of Our Legacy

Kirsten Rohde

We hope that these last few issues of the eView focusing on legacy might inspire you to think about your personal legacy as well as the legacy of our community. This might be a good time to reflect on whether you would like to remember the Goodenough Community by making a gift through your will or a revocable living trust. This is one way that some of us are ensuring that the community continues its work long after we're gone. If you are considering naming the community in your estate plans or if you have already done so, please let us know of your plans so we can say thank you!



Both Convocation: A Church and Ministry and the American Association for the Furtherance of Community can be named in your will as a beneficiary. Please contact Kirsten Rohde, krohde14@outlook.com or 206-719-5364 for more information.



Community News *By Elizabeth Jarrett-Jefferson*



- **Happy birthday - Kate Martin - October 22**
- **Happy birthday - Leslie Norman - October 22**
- **Happy 6th birthday - Cadel Roane Jarrett - October 23**



Community News

With Sympathy



We are so sad to hear of the passing of **Jack George, Tuesday October 18**. Jack was the former husband of Judy Worden, who passed away during the Human Relations Laboratory in August.

Our thoughts are with the Buchmeier and George family as they grieve the loss of both parents.

Judith Ann "Judy" Worden (*Judy was a participant in the Human Relations Laboratory in 1999 with 3 of her children and three grandchildren!*)

Obituary Judith (Judy) Ann Worden, age 82, died on **August 7th, 2016** at her home in Juneau, Alaska. Judy was born in Lewistown, Montana to Jean D. and Dr. Donald K. Worden. Judy was preceded in death by her mother, father, and siblings Donald K. Worden, Jr., Adam (John) D. Worden, and her granddaughter Nicole D. Johnson. Judy is survived by her sister Dorothy Marsh, her children Jennifer Henderson (Theo), Rosemary Buchmeier (Phil), Kathleen Rado, Jeffrey George, and Thomas George, grandchildren Joseph and Kathleen Buchmeier, Jake, Justin, and Jaxen Lawrence, Jensen George, and Tara Greenwood. Judy's life-long effort to help others began during WWII when her 5th grade class cut squares for quilts to be sent to refugees. Judy composed a war song to help sell war bonds. As an early patriot and feminist Judy supported the rights movements and attended many protests. Judy later became a nurse and worked at: Saint Anne's, Bartlett Rehab Clinic, Pioneer Home in Juneau, as well as nursing jobs in Seattle and Yakima. Judy believed in and upheld the nurses' Nightingale Pledge. Judy's daughters, Jennifer and Rosemary followed their mother's footsteps by becoming nurses. Judy loved her home in Juneau and created her own comforting oasis. Judy loved horses, animals, and birds of all kinds. Her enjoyment of flowers and gardening began when she was raising her children, growing her own food, and continued through her life. Judy expressed her art through beading, knitting, jewelry, and sewing. Her beaded purse won a prize at the Haines fair. A musician, as a young adult, Judy played in bands and taught the guitar.

Judy hoped that others will honor her legacy by helping children, the abused, the elderly, jobless, and homeless. Judy left with a parting quote from Anthony Storr, from *Solitude: A Return to the Self*, "...[Avoidance] behavior is a response designed to protect the infant from behavioral disorganization. If we transfer this concept to adult life, we can see that an avoidant infant might very well develop into a person whose principal need was to find some kind of meaning and order in life which was not entirely, or even chiefly, dependent upon interpersonal relationships," as she embodied these words until her passing.

No services will be held at Judy's request. In lieu of flowers, Judy requested donations made

to your choice of these local organizations: Planned Parenthood, Gastineau Humane Society, Hospice and Home Care, Southeast Alaska Independent Living (SAIL), Aiding Women in Abuse & Rape Emergencies (AWARE).

Published in The Juneau Empire from Aug. 24 to Sept. 23, 2016



We have also learned that Emma “Sue” Capriotti passed away on September 18 of this year. So far, I have not found an obituary. Colette



We were saddened to hear of the passing of Kim Hart’s father, Lawrence "Larry " Arthur Hart, Sr. on September 25, 2016.

You and your family are in our thoughts, Kim



Cultural Programs in the Goodenough Community are created for visitors and they are developed as opportunities for our members and friends to practice our lifeways and apply them to contemporary issues and problems in our lives. For instance, the men’s program must be an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. Similarly, women must return to the essentials of being a good woman in this day and age.

Calendar of Programs and Events, 2016-2017

What makes community meaningful and fun?

The richness of life in community comes in many ways – getting together informally over a meal ... celebrating a significant birthday with long-time and newfound friends ... working together in a creative endeavor ... collaborating in a work party ... thinking deeply with others about what it means to be fully alive and connected with ourselves, each other, and Spirit ...

In the Goodenough Community, we recognize such ways to connect as expressions of **community culture**. Throughout the year, we offer **cultural programs** so that you can engage with the community, participate in your own development, and have a good time. We **welcome your interest** and your participation, and hope that you will join us at any – or many! – of this year’s events.

Human Relations Laboratory, August 6 to 12, 2017

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually for more than 40 years.



Focal Person: Colette Hoff, hoff@goodenough.org

Men's Culture



Men's Weekend, **November 18 to 20**

Focal Person: Bruce Perler, bruce_perler@hotmail.com

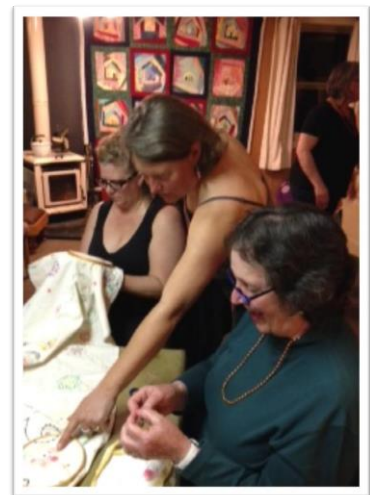
Women's Culture

Concert, Friday October 14; Saturday November 19

Mark your calendar: Women's Weekend, May 5-7, 2017

Women of the Goodenough Community have been gathering intentionally and regularly since 1983 to discover in themselves and each other the essence of womanhood at any age and the presence of the Divine Feminine.

Focal Person: Hollis Guill Ryan, hollisr@comcast.net



Third-Age Gatherings

Next gathering will be in November 11. Joan will pass on the date to all.

Focal Person: Kirsten Rohde, krohde14@outlook.com

True Holidays Celebration, Saturday, December 3



Be part of this fun-filled family-oriented evening, and prepare yourself for a holiday season (whatever faith tradition you follow) that fills your heart.

Focal Person: Kirsten Rohde, krohde14@outlook.com

Winter Solstice Bus Trip, Saturday December 17, 2016

Board a bus, play in the snow, shop in Leavenworth, have a horse-drawn sleigh ride and enjoy an abundant dinner

Focal Person: Colette Hoff

New Year's Eve Weekend at Sahale, Saturday December 31

Work Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 26 to 29, 2017**), as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together.

Focal Person: Colette Hoff, hoff@goodenough.org

Summer Camp for Youth, June 25 to July 1

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Focal Person: Irene Perler, Irene_Perler@hotmail.com



Watch this page – or visit our website at goodenough.org – for information about these and other events and programs. Some are in town at our Community Center in West Seattle, and others are held at Sahale, our rural retreat center near Belfair, Washington.



Carl Rogers on Human Development

An excerpt

Development of the personality

With regard to development, he described principles rather than stages. The main issue is the development of a self concept and the progress from an undifferentiated self to being fully differentiated.

Self Concept ... *the organized consistent conceptual gestalt composed of perceptions of the characteristics of 'I' or 'me' and the perceptions of the relationships of the 'I' or 'me' to others and to various aspects of life, together with the values attached to these perceptions. It is a gestalt which is available to awareness though not necessarily in awareness. It is a fluid and changing gestalt, a process, but at any given moment it is a specific entity.* (Rogers, 1959)^[14]

In the development of the self concept, he saw conditional and unconditional positive regard as key. Those raised in an environment of unconditional positive regard have the opportunity to fully actualize themselves. Those raised in an environment of conditional positive regard feel worthy only if they match conditions (what Rogers describes as *conditions of worth*) that have been laid down for them by others.

The fully functioning person

Optimal development, as referred to in proposition 14, results in a certain process rather than static state. He describes this as *the good life*, where the organism

continually aims to fulfill its full potential. He listed the characteristics of a fully functioning person (Rogers 1961):^[15]

1. A growing openness to experience – they move away from defensiveness and have no need for subception (a perceptual defense that involves unconsciously applying strategies to prevent a troubling stimulus from entering consciousness).
2. An increasingly existential lifestyle – living each moment fully – not distorting the moment to fit personality or self concept but allowing personality and self concept to emanate from the experience. This results in excitement, daring, adaptability, tolerance, spontaneity, and a lack of rigidity and suggests a foundation of trust. "To open one's spirit to what is going on now, and discover in that present process whatever structure it appears to have" (Rogers 1961)^[15]
3. Increasing organismic trust – they trust their own judgment and their ability to choose behavior that is appropriate for each moment. They do not rely on existing codes and social norms but trust that as they are open to experiences they will be able to trust their own sense of right and wrong.
4. Freedom of choice – not being shackled by the restrictions that influence an incongruent individual, they are able to make a wider range of choices more fluently. They believe that they play a role in determining their own behavior and so feel responsible for their own behavior.
5. Creativity – it follows that they will feel more free to be creative. They will also be more creative in the way they adapt to their own circumstances without feeling a need to conform.
6. Reliability and constructiveness – they can be trusted to act constructively. An individual who is open to all their needs will be able to maintain a balance between them. Even aggressive needs will be matched and balanced by intrinsic goodness in congruent individuals.
7. A rich full life – he describes the life of the fully functioning individual as rich, full and exciting and suggests that they experience joy and pain, love and heartbreak, fear and courage more intensely. Rogers' description of *the good life*:

This process of the good life is not, I am convinced, a life for the faint-hearted. It involves the stretching and growing of becoming more and more of one's potentialities. It involves the courage to be. It means launching oneself fully into the stream of life. (Rogers 1961)^[15]

Incongruence

Rogers identified the "[real self](#)" as the aspect of one's being that is founded in the actualizing tendency, follows organismic valuing, needs and receives positive regard and self-regard. It is the "you" that, if all goes well, you will become. On the other hand, to the extent that our society is out of sync with the actualizing tendency, and we are forced to live with conditions of worth that are out of step with organismic valuing, and receive only conditional positive regard and self-regard, we develop instead an "ideal self". By ideal, Rogers is suggesting something not real, something that is always out of our reach, the standard we cannot meet. This gap between the real self and the ideal self, the "I am" and the "I should" is called *incongruity*.

Psychopathology

Rogers described the concepts of *congruence* and *incongruence* as important ideas in his theory. In proposition #6, he refers to the actualizing tendency. At the same time, he recognized the need for *positive regard*. In a fully congruent person realizing their potential is not at the expense of experiencing positive regard. They are able to lead lives that are authentic and genuine. Incongruent individuals, in their pursuit of positive regard, lead lives that include falseness and do not realize their potential. Conditions put on them by those around them make it necessary for them to forego their genuine, authentic lives to meet with the approval of others. They live lives that are not true to themselves, to who they are on the inside.

Rogers suggested that the incongruent individual, who is always on the defensive and cannot be open to all experiences, is not functioning ideally and may even be malfunctioning. They work hard at maintaining/protecting their self concept. Because their lives are not authentic this is a difficult task and they are under constant threat. They deploy *defense mechanisms* to achieve this. He describes two mechanisms: *distortion* and *denial*. Distortion occurs when the individual perceives a threat to their self concept. They distort the perception until it fits their self concept.

This defensive behavior reduces the consciousness of the threat but not the threat itself. And so, as the threats mount, the work of protecting the self concept becomes more difficult and the individual becomes more defensive and rigid in their self structure. If the incongruence is immoderate this process may lead the individual to a state that would typically be described as neurotic. Their functioning becomes precarious and psychologically vulnerable. If the situation worsens it is possible that the defenses cease to function altogether and the individual becomes aware of the incongruence of their situation. Their personality becomes disorganised and bizarre; irrational behavior, associated with earlier denied aspects of self, may erupt uncontrollably.

Learner-centered teaching

The application to education has a large robust research tradition similar to that of therapy with studies having begun in the late 1930s and continuing today (Cornelius-White, 2007). Rogers described the approach to education in *Client-Centered Therapy* and wrote *Freedom to Learn* devoted exclusively to the subject in 1969. *Freedom to Learn* was revised two times. The new Learner-Centered Model is similar in many regards to this classical person-centered approach to education. Rogers had the following five hypotheses regarding learner-centered education:

1. "A person cannot teach another person directly; a person can only facilitate another's learning" (Rogers, 1951). This is a result of his personality theory, which states that everyone exists in a constantly changing world of experience in which he or she is the center. Each person reacts and responds based on perception and experience. The belief is that what the student does is more important than what the teacher does. The focus is on the student (Rogers, 1951). Therefore, the background and experiences of the learner are essential to how and what is learned. Each student will process what he or she learns differently depending on what he or she brings to the classroom.

2. "A person learns significantly only those things that are perceived as being involved in the maintenance of or enhancement of the structure of self" (Rogers, 1951). Therefore, relevancy to the student is essential for learning. The students' experiences become the core of the course.

3. "Experience which, if assimilated, would involve a change in the organization of self, tends to be resisted through denial or distortion of symbolism" (Rogers, 1951). If the content or presentation of a course is inconsistent with preconceived information, the student will learn if he or she is open to varying concepts. Being open to consider concepts that vary from one's own is vital to learning. Therefore, gently encouraging open-mindedness is helpful in engaging the student in learning. Also, it is important, for this reason, that new information be relevant and related to existing experience.

4. "The structure and organization of self appears to become more rigid under threats and to relax its boundaries when completely free from threat" (Rogers, 1951). If students believe that concepts are being forced upon them, they might become uncomfortable and fearful. A barrier is created by a tone of threat in the classroom. Therefore, an open, friendly environment in which trust is developed is essential in the classroom. Fear of retribution for not agreeing with a concept should be eliminated. A classroom tone of support helps to alleviate fears and encourages students to have the courage to explore concepts and beliefs that vary from those they bring to the classroom. Also, new information might threaten the student's concept of him- or herself; therefore, the less vulnerable the student feels, the more likely he or she will be able to open up to the learning process.

5. "The educational situation which most effectively promotes significant learning is one in which (a) threat to the self of the learner is reduced to a minimum and (b) differentiated perception of the field is facilitated" (Rogers, 1951). The instructor should be open to learning from the students and also working to connect the students to the subject matter. Frequent interaction with the students will help achieve this goal. The instructor's acceptance of being a mentor who guides rather than the expert who tells is instrumental to student-centered, nonthreatening, and unforced learning